

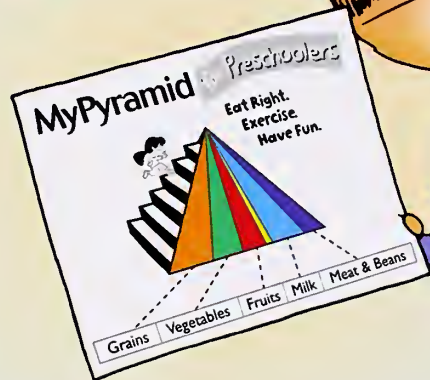
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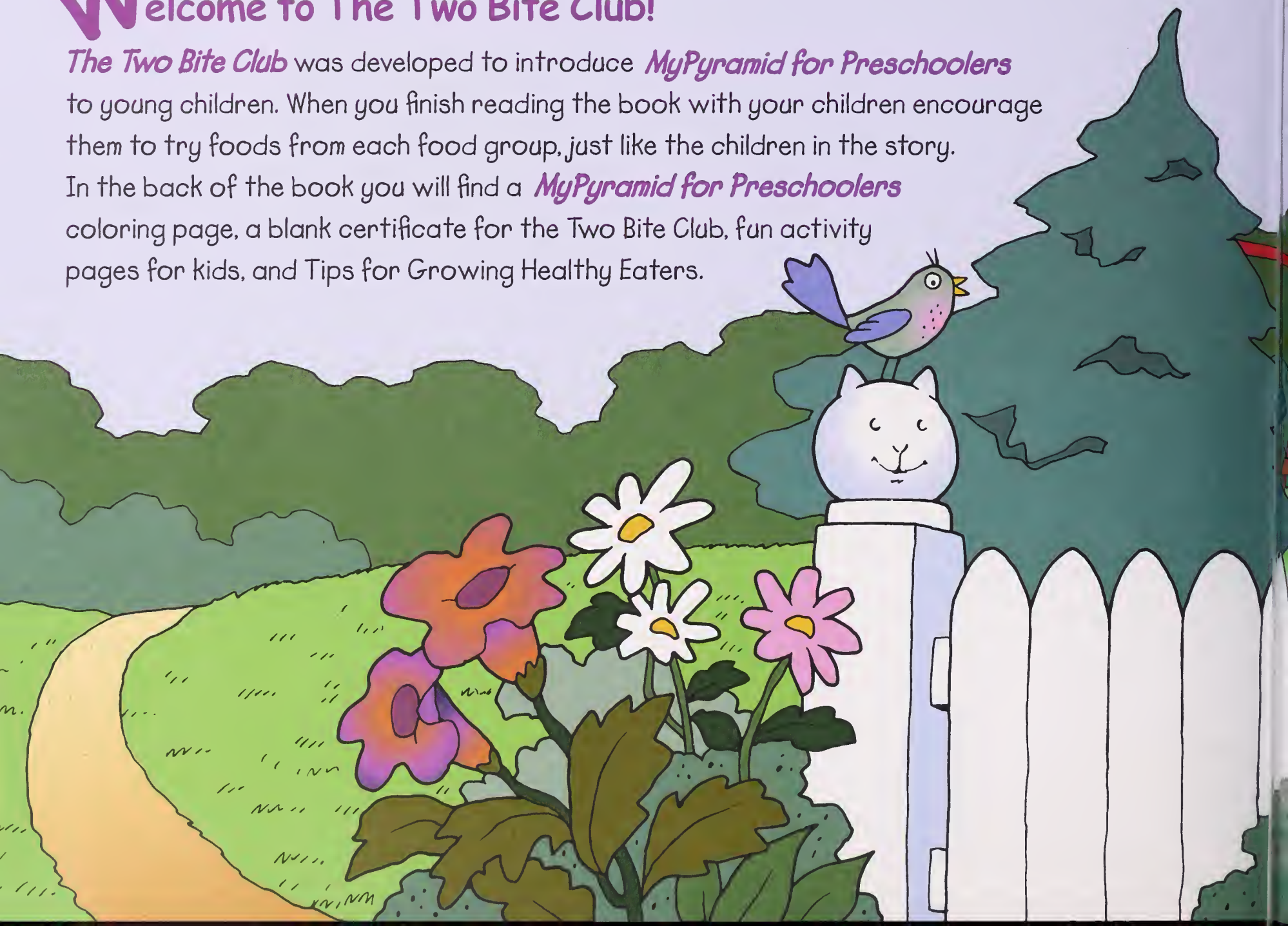
# The Two Bite Club





# Welcome to The Two Bite Club!

*The Two Bite Club* was developed to introduce *MyPyramid for Preschoolers* to young children. When you finish reading the book with your children encourage them to try foods from each food group, just like the children in the story. In the back of the book you will find a *MyPyramid for Preschoolers* coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters.





# The Two Bite Club



The Two Bite Club was developed by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture. FNS wishes to extend a sincere thank you to those individuals who nurtured this storybook from concept to finish.

Technical Reviewers: Adrienne Durrett, Mary Forster, Luanne Hughes, Bridget Penberthy, Bonnie Rickhoff, Sherry Romero, Jessica Williams

FNS: Ann Bartholome, Heidi Bishop, Lori French, Diane Fulton, Gerry Howell, Ebony James, Elvira Jarka, Jane Mandell, Gina O'Brian, Michelle Prettyman, Vicky Urcuyo

Project Manager: Jan Barrett Adams • Design Coordination: Arabella Juarez

Illustration: Annie Lunsford • Graphic Design: Linda Lunsford, Lunsford Graphics, Arlington, Virginia

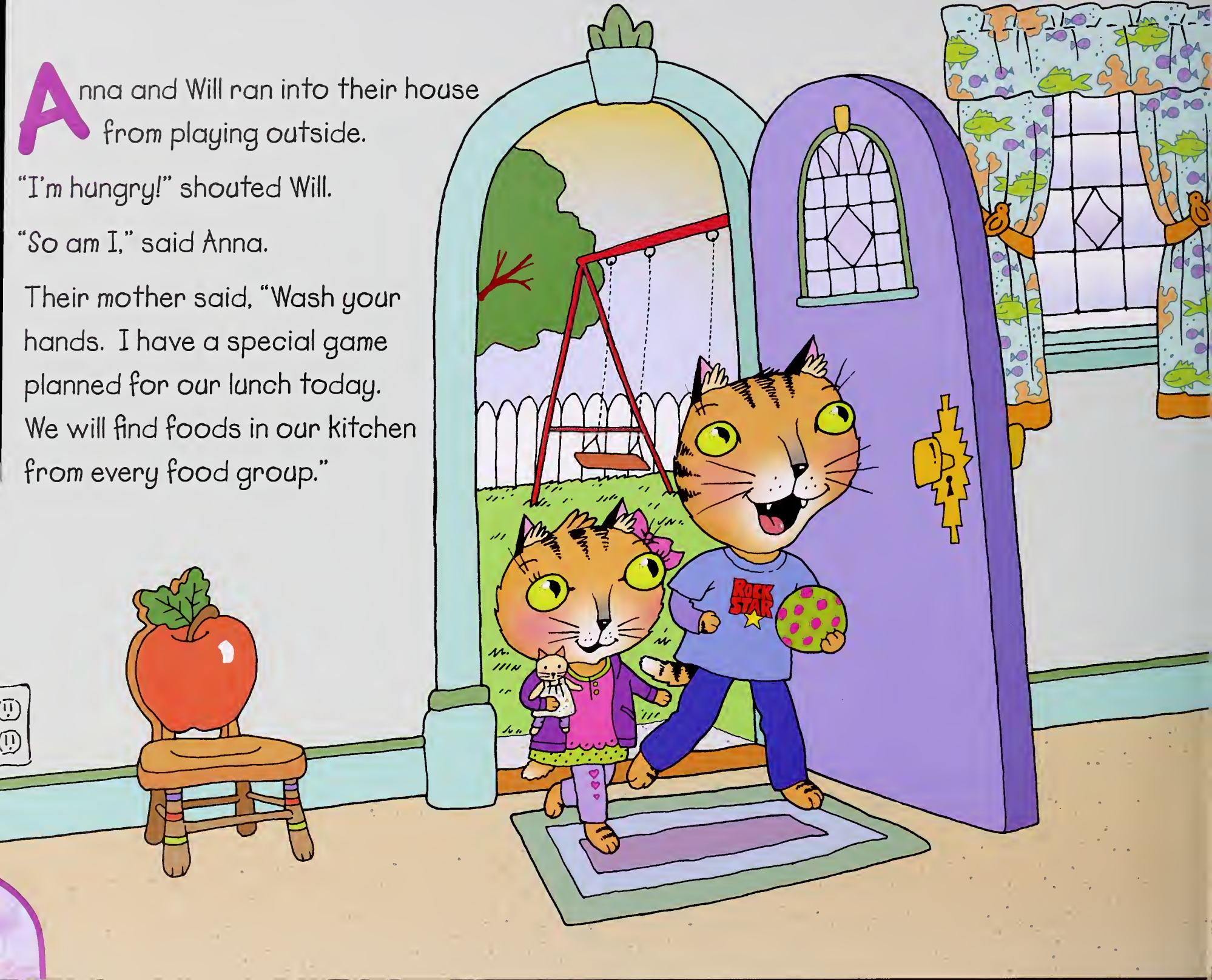


**A**nna and Will ran into their house from playing outside.

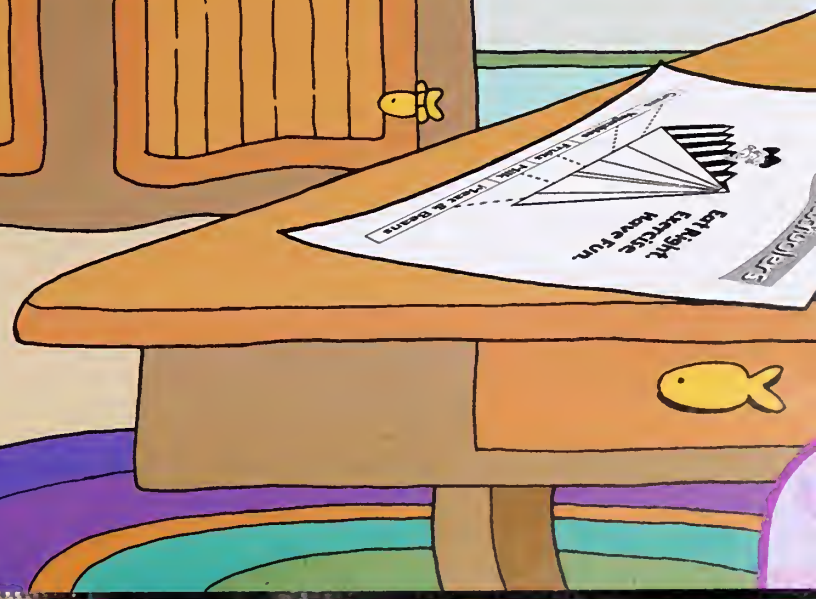
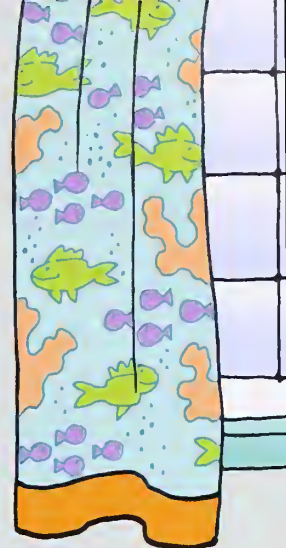
"I'm hungry!" shouted Will.

"So am I," said Anna.

Their mother said, "Wash your hands. I have a special game planned for our lunch today. We will find foods in our kitchen from every food group."





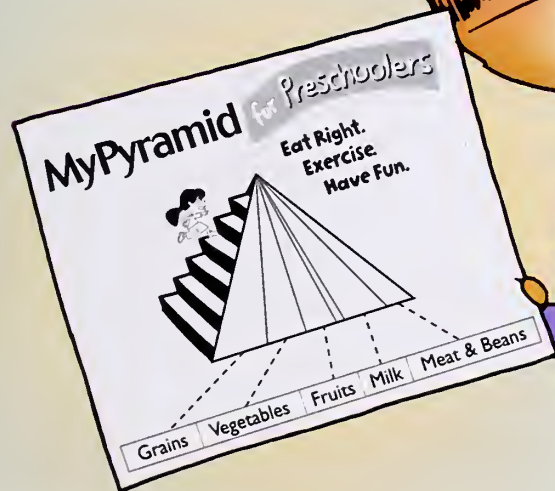


“**W**hat is a food group?”  
asked Anna.





“**I** know,” said Will. “We learned about this in school. There are five food groups in MyPyramid. We need to eat foods from all food groups every day to be healthy and strong.”



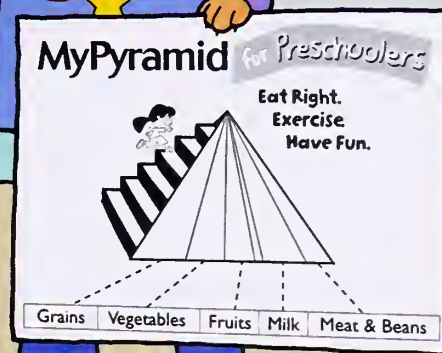
“**E**ach stripe in the picture is a different food group. My teacher told me that if we eat two bites from each food group we can be members of the Two Bite Club!” said Will.

“OK, but I might not like it,” Anna replied cautiously.

Mother said, “Anna, I know you can be a big girl and try two little bites of each food, then you will be in the Two Bite Club!”









“**T**he first food group is colored orange, and it’s the **Grain Group**—see?” said Will. “There are bread, crackers, rice, and noodles.”

“That’s right,” said Mother. “Can you find something from the **Grain Group**?”



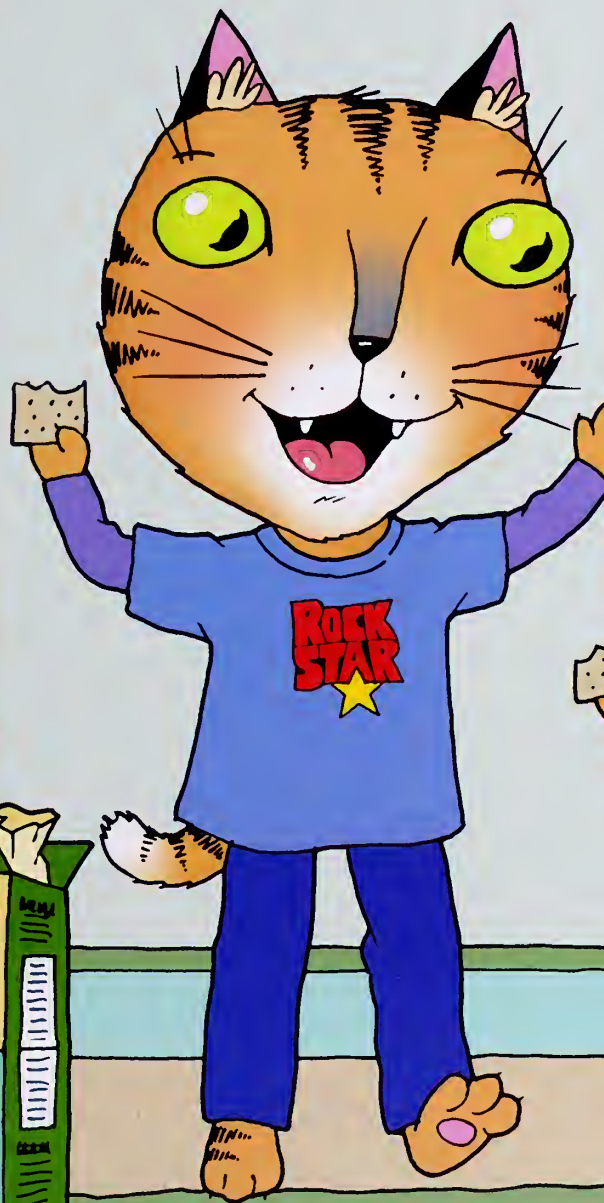
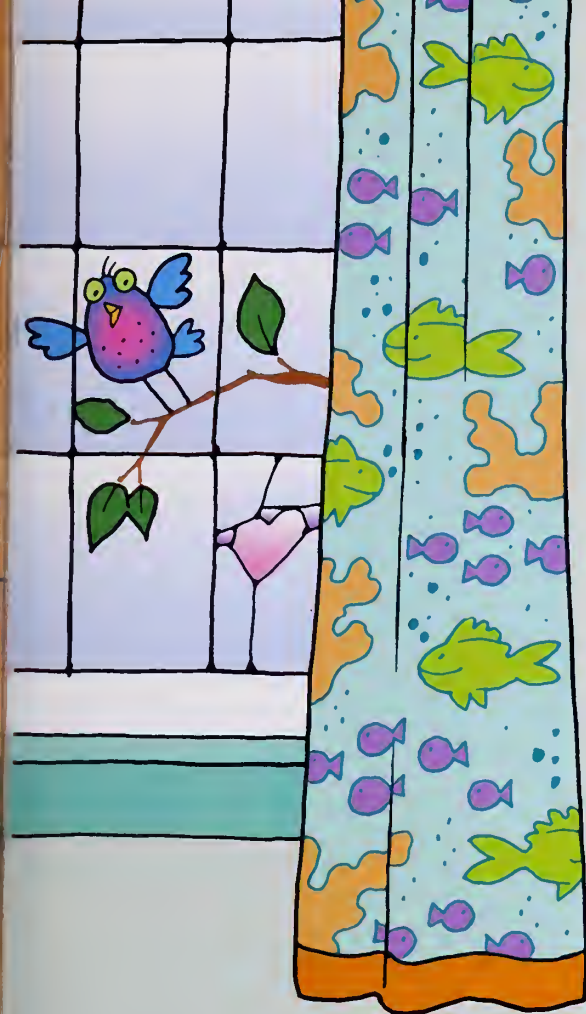
**W**ill grabbed a box of whole-wheat crackers. "Let's try these!" he said.



“Oh no,” said Anna,  
“I don’t think I’ll  
like them.” But she tried  
two little bites.



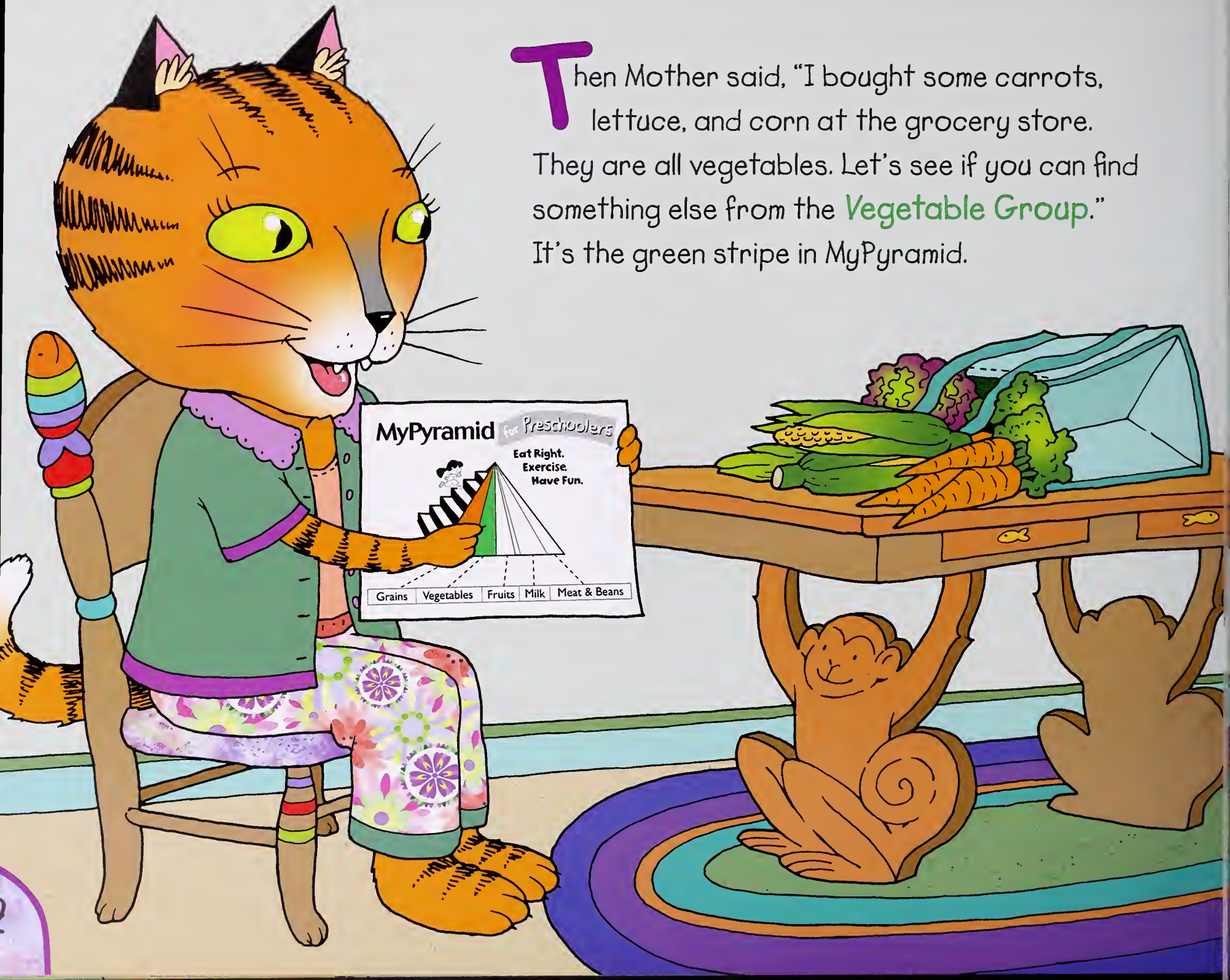




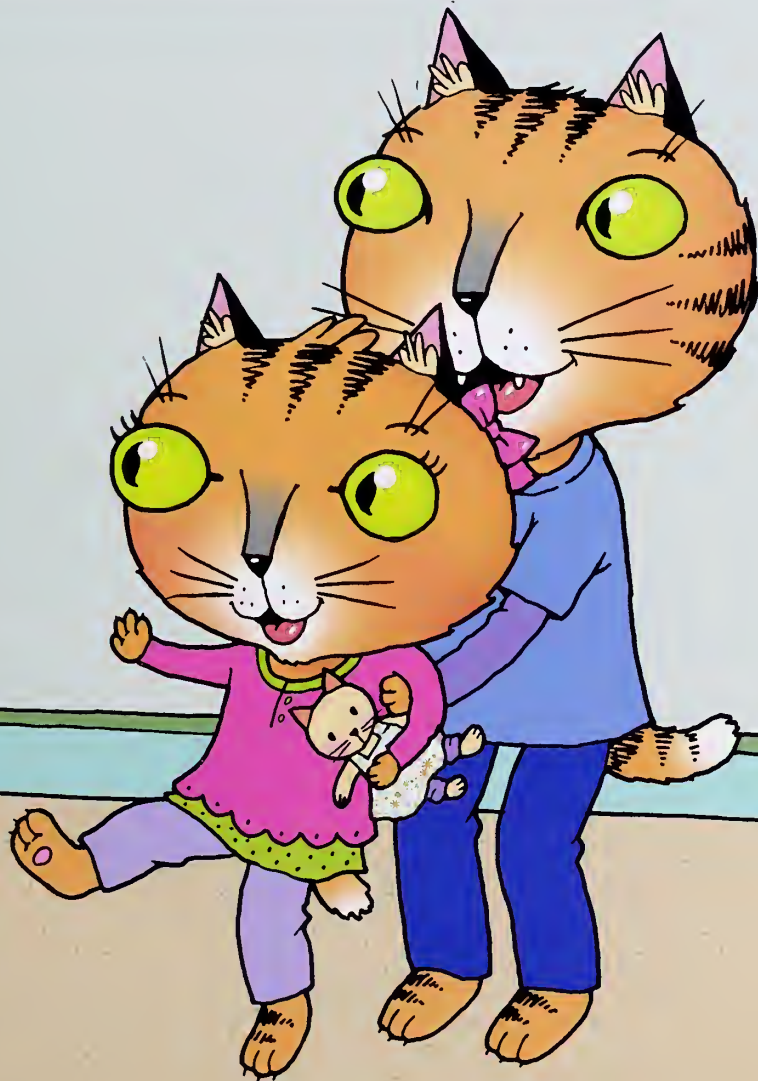
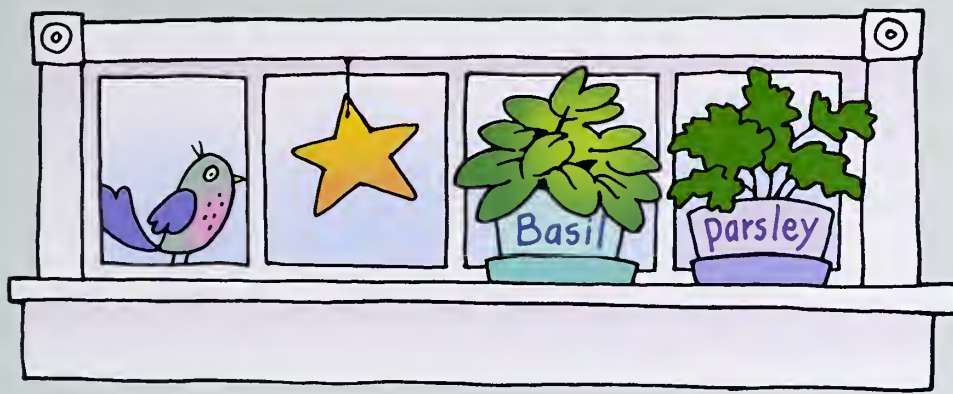
"I knew you would," Will told her.



Then Mother said, "I bought some carrots, lettuce, and corn at the grocery store. They are all vegetables. Let's see if you can find something else from the **Vegetable Group**." It's the green stripe in MyPyramid.







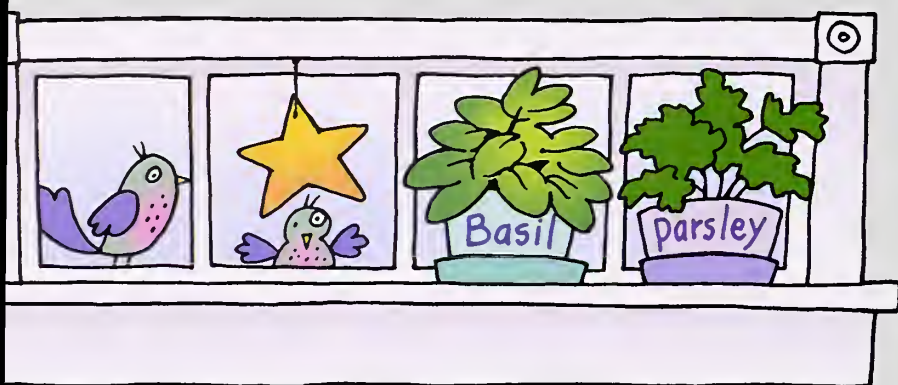
Carol Katz

Emergency #  
Fire: 705-705-0260  
Police: 613-204-5609  
Grandma: 201-645-1

Pickup  
Milk!

Cats  
Rule!

| Will          |   |   |  |  |  |  |  |  |  |
|---------------|---|---|--|--|--|--|--|--|--|
| Ball Throw    | ★ | ★ |  |  |  |  |  |  |  |
| Soccer        | ★ | ★ |  |  |  |  |  |  |  |
| 20 yard dash  | ★ | ★ |  |  |  |  |  |  |  |
| Sit-ups       | ★ | ★ |  |  |  |  |  |  |  |
| Jumping Jacks | ★ | ★ |  |  |  |  |  |  |  |



**W**ill opened the big refrigerator door and peeked inside.  
“I’m looking for something,” he said.  
“Don’t find anything yucky,” called Anna.  
“How about some broccoli?” asked Will.  
“Yes, broccoli is a vegetable,”  
replied Mother.







“Oh no,” said Anna,  
“I don’t think I’ll like it.”

“Just try it and see,” Will responded.

So Anna tried two little bites.

**I** like it!"  
Anna exclaimed.

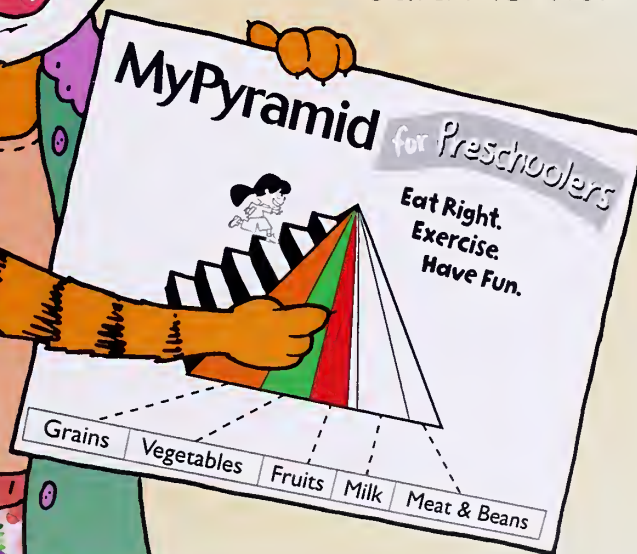
"I knew you would,"  
Will told her.







“Now we need to find some fruit from the **Fruit Group**. It’s the red stripe in the picture,” said Mother.

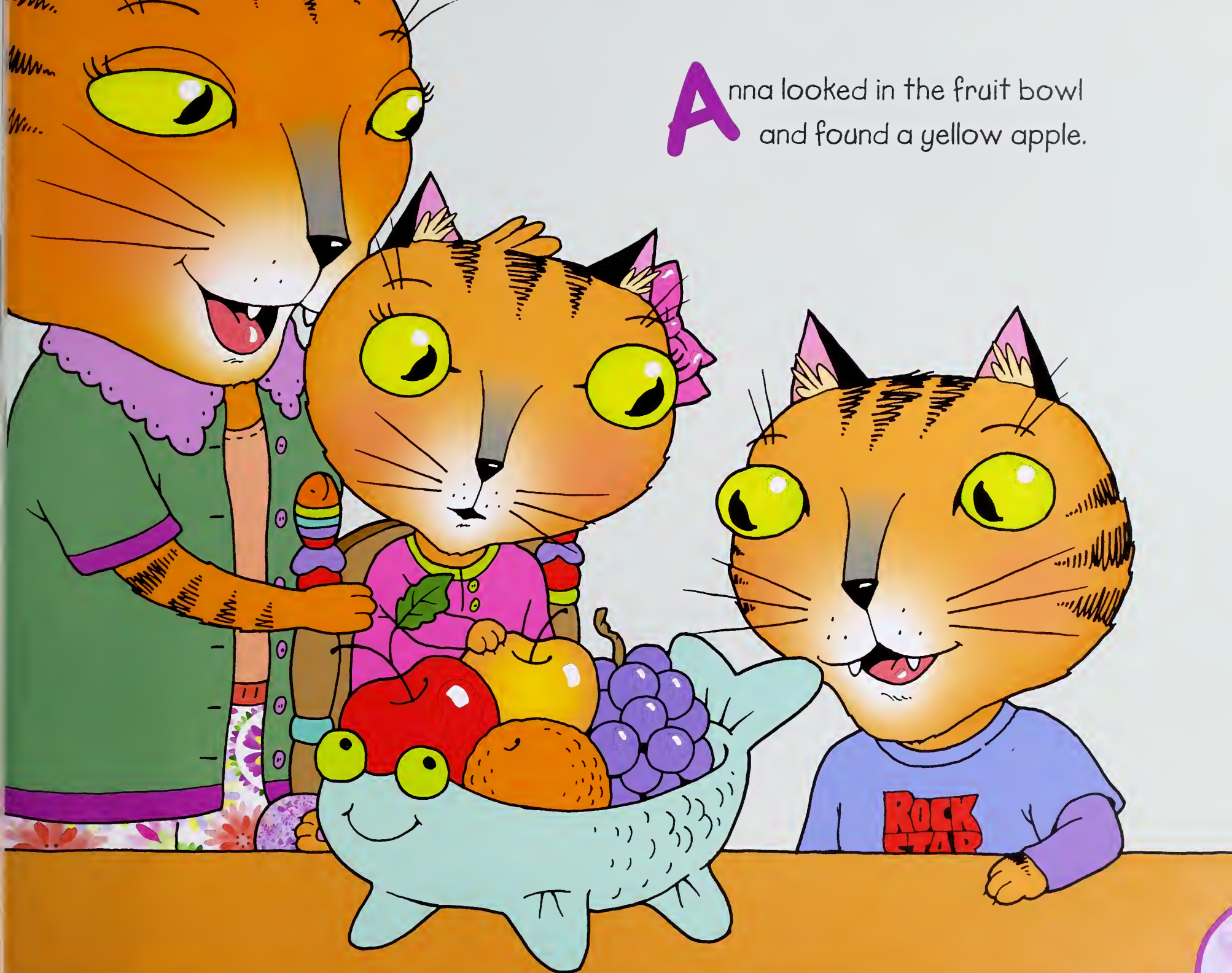


“**A**nna, can you help find  
some fruit?”





**A** nna looked in the fruit bowl  
and found a yellow apple.



“**I** don’t think I like yellow apples; I only like red apples,” Anna said, but she tried two little bites.





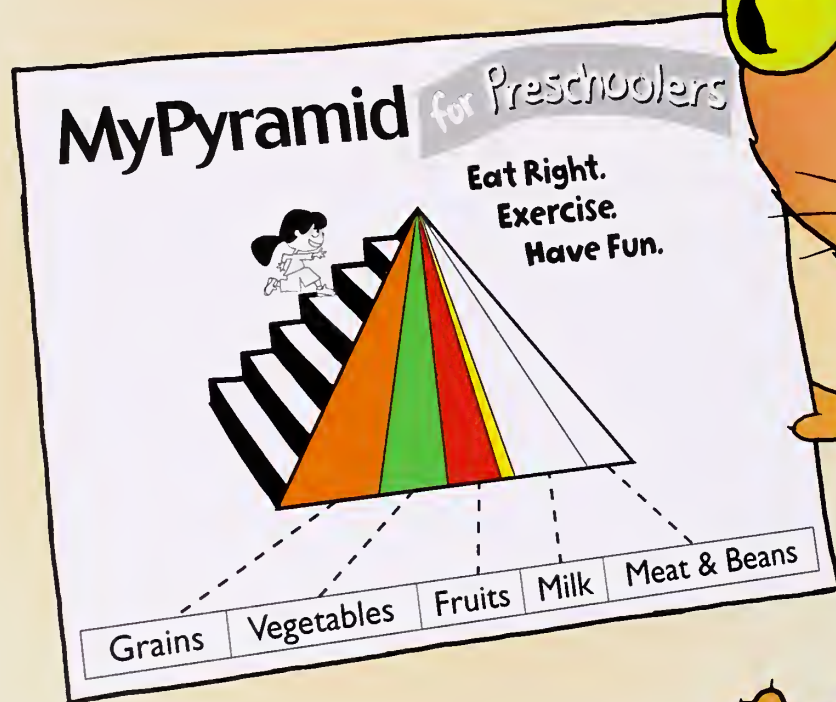
“I like it!” Anna exclaimed.



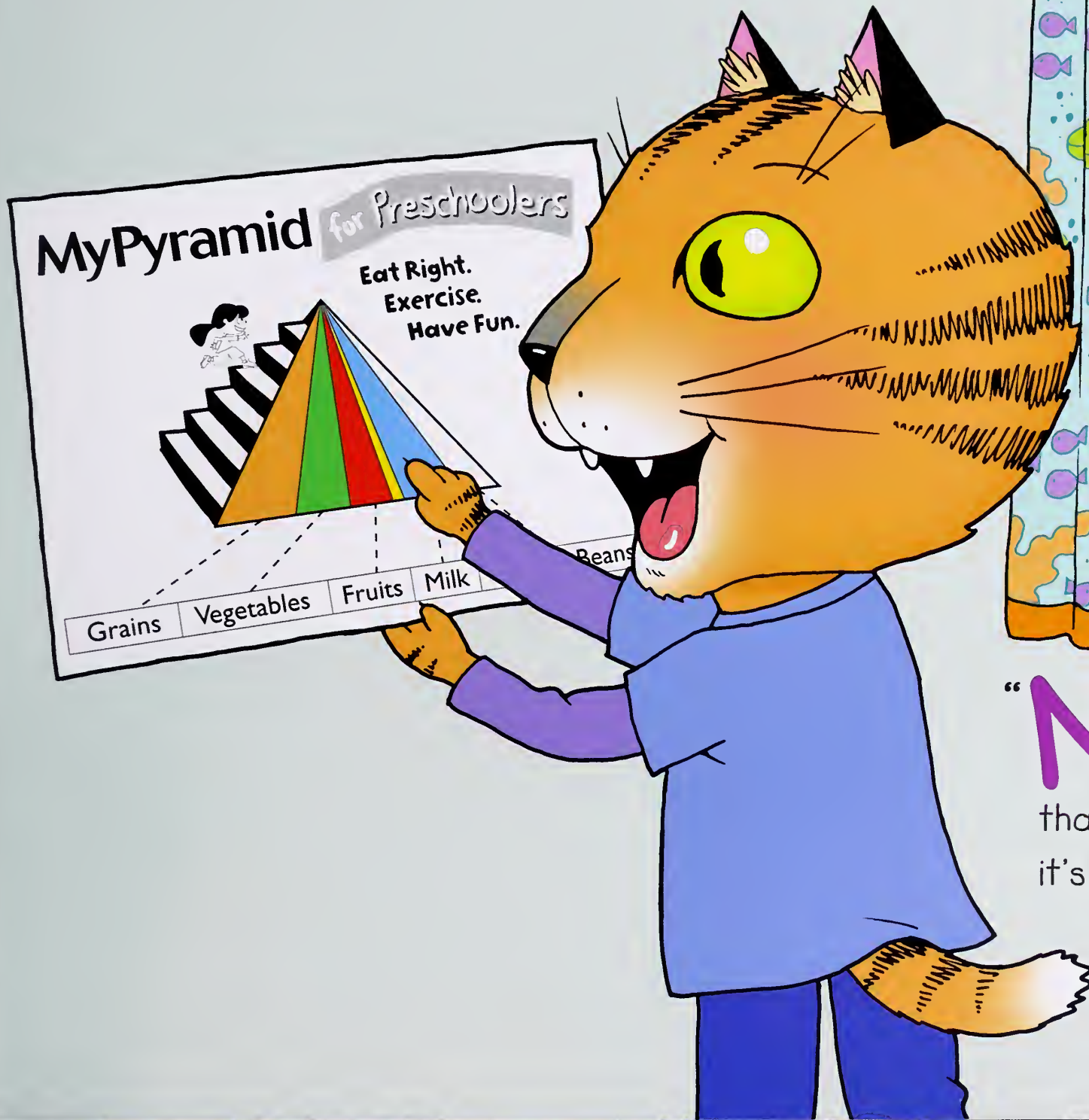
“I knew you would.  
Apples are yummy,”  
Will said.

“Next is a yellow stripe,” said Anna. “What is that for?”  
Will explained that the yellow stripe is for Oils.

Mother added, “Oils are not a food group, but you need some to stay healthy. There are Oils in foods like fish and nuts.”







“**N**ext is the **Milk Group**.  
It has lots of foods  
that are good for you, and  
it's the blue stripe.”  
Will explained.

Anna perked up and said,  
"I like milk."

"Yes, I do, too," said Will, "but let's find something different. How about this yogurt?"

"I know," Anna exclaimed, "Yogurt is made from milk, but I don't think I will like that yogurt."





“**I** will just try two  
tiny bites,” said Anna.



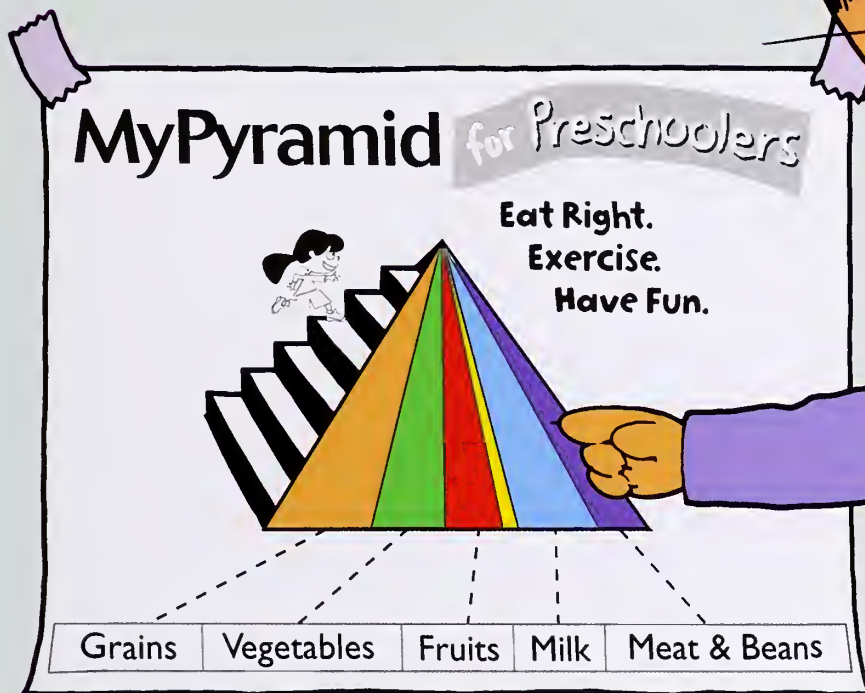
“I like it, Will!”  
Anna exclaimed.

“I knew you would,”  
said Will.





“**T**he last food group is the **Meat and Beans Group**, and it’s purple,” explained Will.



“**W**hat are you going to find from that group?”

Mother asked.

“I know, I’ll eat a hard-cooked egg,” said Will.

Mother explained that eggs are in the **Meat and Beans Group**, along with chicken, turkey, fish, and even peanut butter.





“What are you going to find from that group?”

Mother asked.

"I know, I'll eat a hard-cooked egg," said Will.

Mother explained that eggs are in the **Meat and Beans Group**, along with chicken, turkey, fish, and even peanut butter.



“**I** don’t think I’ll like the egg,” said Anna. But she tried two bites.





"I like it!"  
Anna exclaimed.

"I knew you  
would,"  
Will told her.





Mother said, "You have found something from every food group. That's terrific! Let's sit down and finish our lunch."





**A**nna exclaimed, "I've tried two bites from every food group, and I love new foods."

"Yeah, you did it Anna!" said Will.



“**T**hat’s great!’ said Mother.

“Thank you Will for teaching Anna to try new foods. And thank you Anna for being brave enough to try something you thought you wouldn’t like!

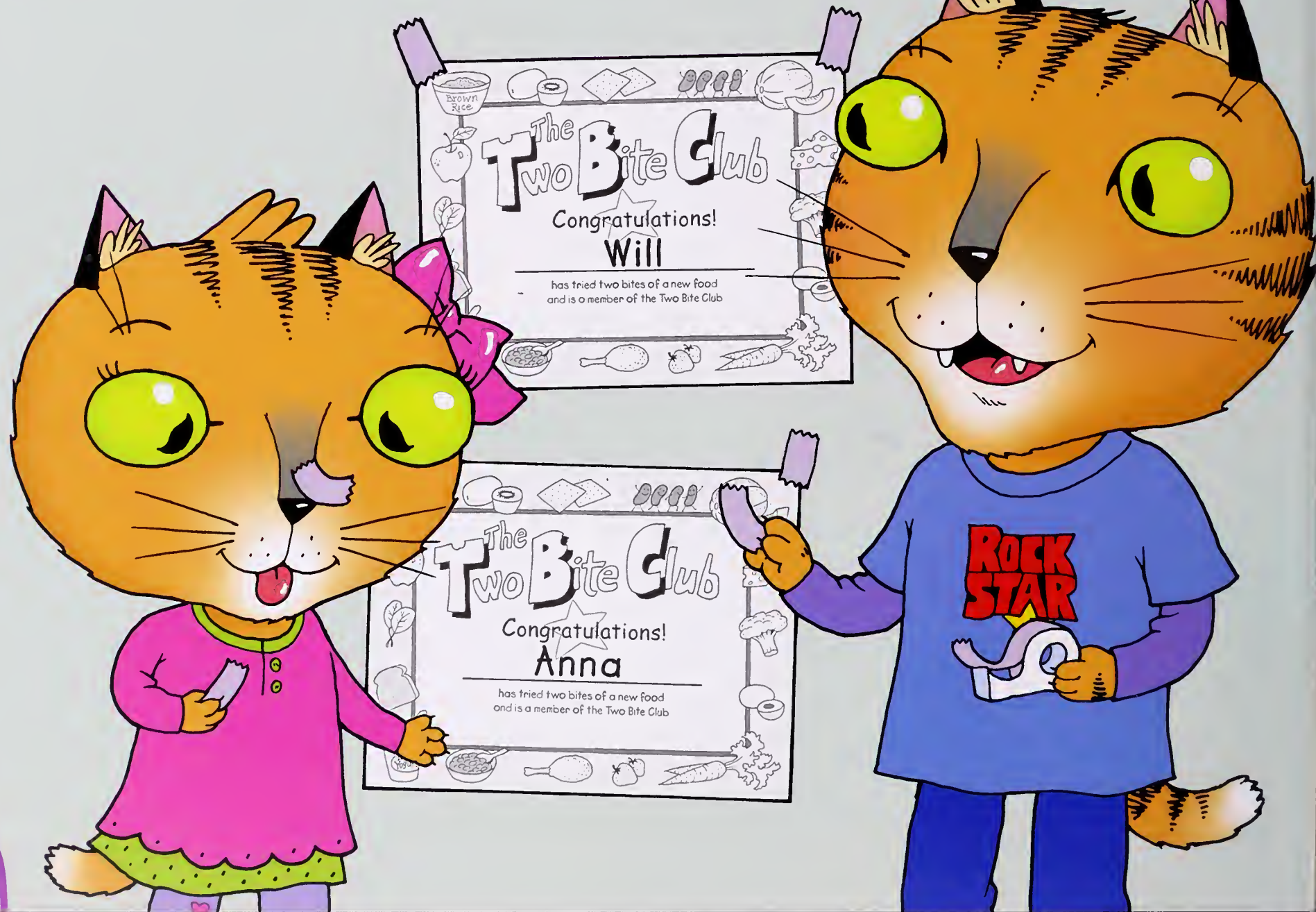
Here’s a certificate from the **Two Bite Club** for each of you.”





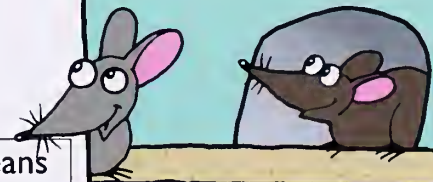
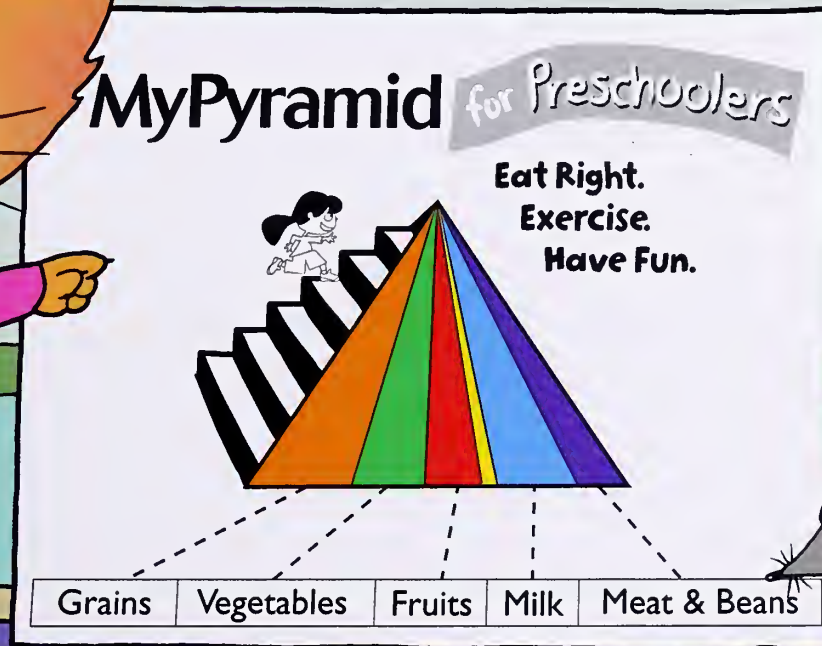


“**N**ow we are members of the *Two Bite Club*,” said Will.  
“Let’s hang up our certificates.”





“Will, you forgot one thing on the MyPyramid,” said Anna. “There is a girl running up the stairs. What is that for?” Will responded, “The girl shows us that we need to run and jump and climb. Let’s go outside and play.”

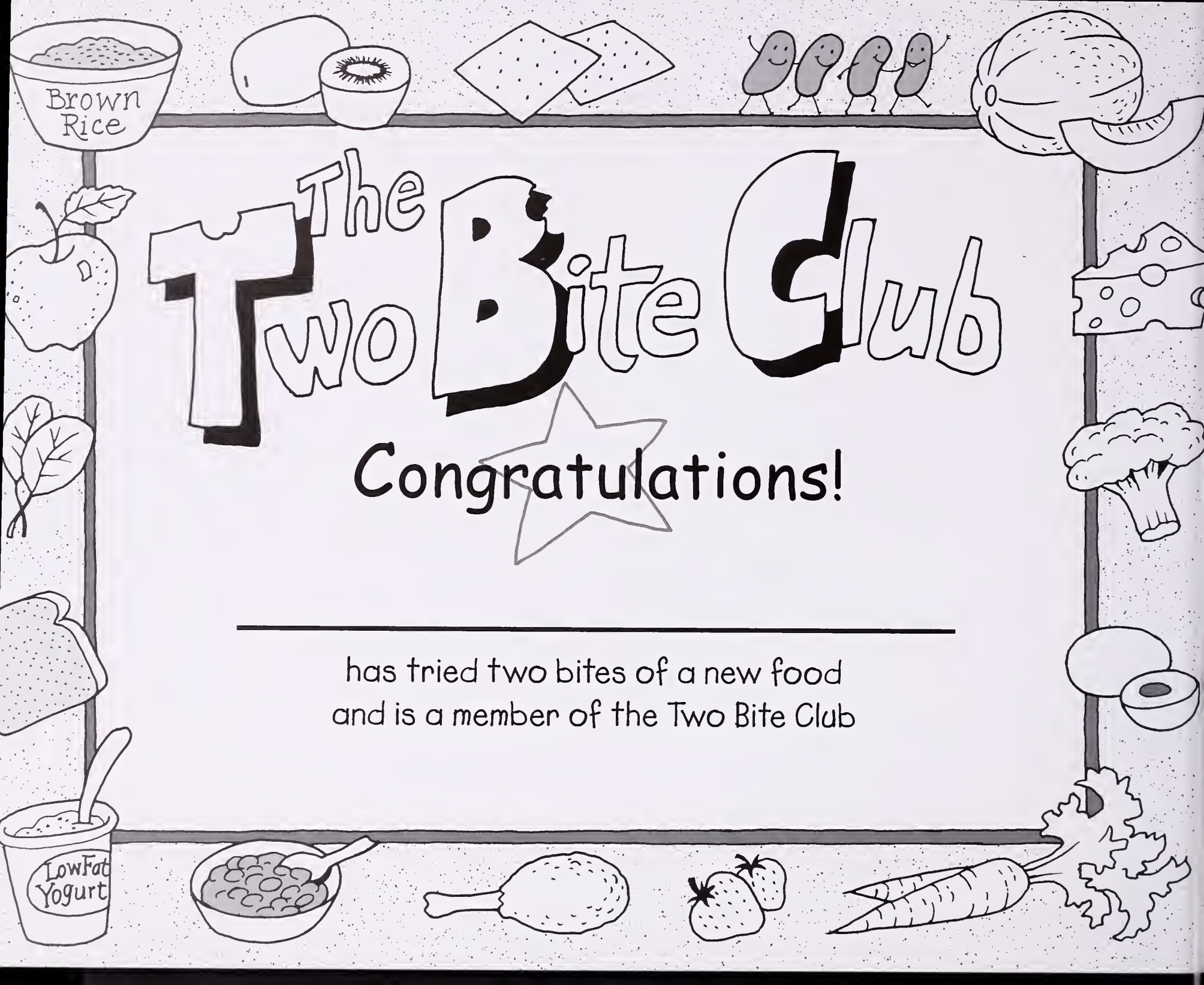


“That’s a great  
idea,” said Mother.  
“You are both  
*Two Bite Club*  
STARS.”









# The Two Bite Club

Congratulations!

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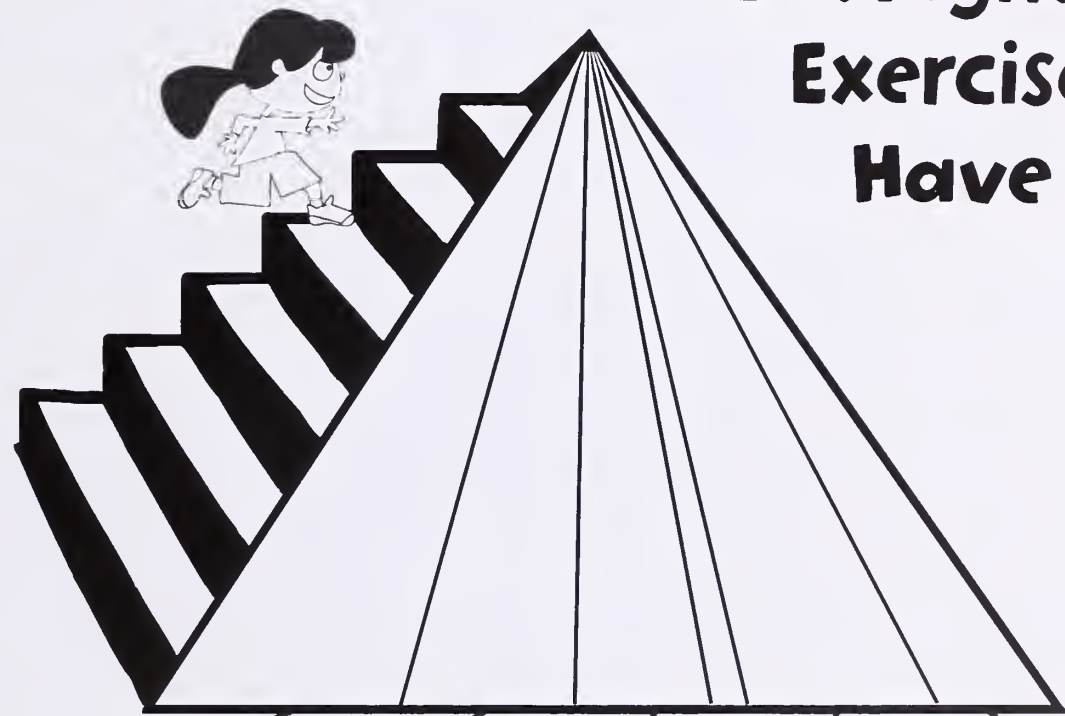
has tried two bites of a new food  
and is a member of the Two Bite Club



# MyPyramid

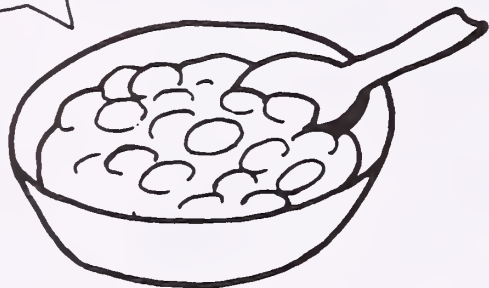
for Preschoolers

**Eat Right.  
Exercise.  
Have Fun.**

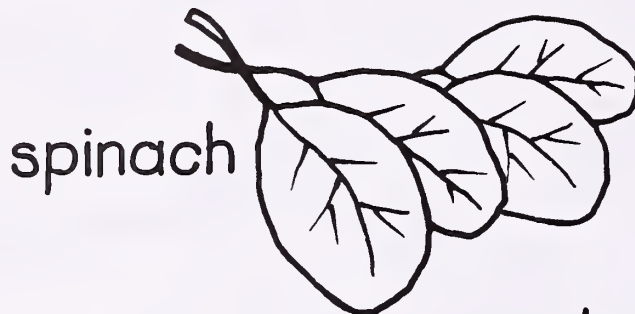


|        |            |        |      |               |
|--------|------------|--------|------|---------------|
| Grains | Vegetables | Fruits | Milk | Meats & Beans |
|--------|------------|--------|------|---------------|

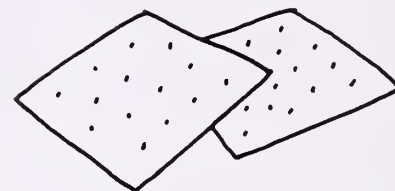
Circle all the foods you  
might like to try.



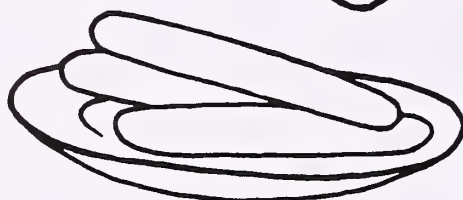
black beans



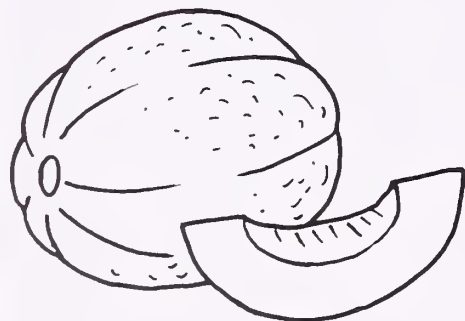
spinach



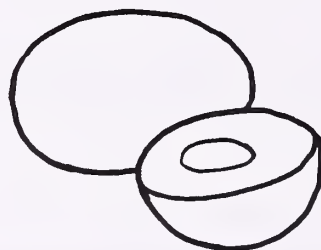
whole wheat crackers



cheese sticks



cantaloupe



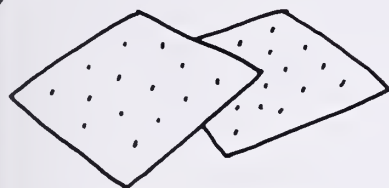
hard-cooked eggs



squash



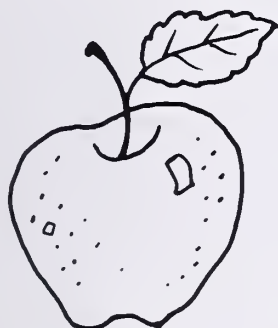
Draw a line  
from the food to the  
correct food group.



whole wheat  
crackers



broccoli



yellow apple

## MyPyramid for Preschoolers

**Eat Right.  
Exercise.  
Have Fun.**



Grains

Vegetables

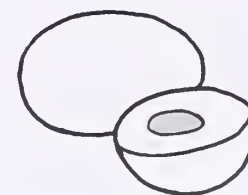
Fruits

Milk

Meat & Beans



low-fat yogurt



hard-cooked  
eggs



## Tips for Growing Healthy Eaters

- ★ Parents and caregivers can be great role models for children. Let children see you trying and enjoying new foods. Kids copy what they see and hear.
- ★ Have your child choose a new food as you shop; trying a new food is more fun for kids when they pick it out themselves. Letting kids help as you prepare food also improves children's willingness to try new foods.
- ★ When you are introducing a new food to your children, encourage them to try at least a bite or two. But stay away from forcing your children to taste if they are not interested. Remember, try and try again. Some kids need to try a new food many times before they like it. It's normal for kids to be cautious at first.
- ★ Family meals are important for everyone. Eat around a table. During mealtime, turn off the TV and let the answering machine take your phone calls.
- ★ Time snacks carefully—at least two to three hours before meals, and keep snacks small. If your child is still hungry, he or she can ask for more. Skip the urge to offer a snack to quiet tears or reward behavior. These practices can lead to emotional overeating later.
- ★ Healthy food choices aren't the only thing needed to raise healthy kids. Children should be physically active at least 60 minutes each day. Limit screen time (this includes watching TV, playing video and computer games, watching DVDs, etc.). The American Academy of Pediatrics recommends no more than one to two hours of quality TV and videos a day for older children and no screen time for children under the age of two.

For more specific information on food and nutrition for you and your family, go to: [www.mypyramid.gov](http://www.mypyramid.gov).



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Find more fun resources at these websites:

[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

[www.mypyramid.gov/preschoolers](http://www.mypyramid.gov/preschoolers)

United States Department of Agriculture, Food and Nutrition Service • FNS 405 • May 2009

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# The Two Bite Club

